

# Hudson Youth Substance Abuse Coalition

## Meeting Minutes

Thursday, November 1, 2012

2:00-3:30 p.m.

Hudson Town Hall, 3<sup>rd</sup> Floor Conference Room

78 Main Street

Hudson, MA 01749

### **I. Call to Order**

- a. **Meeting convened:** November 1, 2012 at 2:00 pm
- b. **Coordinators present:** Tammy Calise, Katelyn Flaherty, Michael O'Brien
- c. **Community partners present:** Sam Wong, Jenny Gormley, Brian Reagan, Kevin Lyons, Pat Emmons, Laurie Curley, Sergeant Christopher Shea, Jay Murphy, Jim Saart, Lee Waingortin

### **II. MetroWest Health Foundation Grant**

- a. The 2010 MetroWest Adolescent Health Survey identified concerning levels of substance use among Hudson youth. The Town of Hudson received a three year, \$180,000 grant from the MetroWest Health Foundation for a community adolescent substance use intervention initiative. Over the next three years, the coalition will work to achieve a twenty percent reduction of substance use in Hudson youth. Similar grants have been previously awarded to communities such as Needham and Wayland.

### **III. Adolescent Substance Use in Hudson**

- a. Adolescents in Hudson are consistently more likely to make unhealthy decisions in substance use when compared to MetroWest as a region, Massachusetts, and the United States. As expected, the problem is complex and influenced by multiple factors. Substances used include alcohol, tobacco, marijuana, prescription drugs, and other substances such as inhalants.

### **IV. Adolescent Lifetime Substance Use**

- a. The 2010 MetroWest Adolescent Health Survey from Hudson students demonstrate that alcohol and tobacco use is declining over time.
- b. The 2010 MetroWest Adolescent Health Survey also identified an increased use of marijuana by grade, as 1% of 6<sup>th</sup> grade students have tried marijuana as compared with 9% of 8<sup>th</sup> grade students. In continuing with this trend, 21% of 9<sup>th</sup> grade students have tried marijuana compared with 67% of 12<sup>th</sup> grade students. Both current and lifetime use of marijuana is on the rise among high school students since 2008. Prescription drug misuse has also increased since 2008.

## **V. Feedback from Coalition Members**

### **a. Perception of the Problem**

- i. Marijuana & prescription drug misuse

### **b. Barriers**

- i. Lack of education about substance abuse

#### **ii. Marijuana Laws in MA**

- 1. Possession (Effective January 2009)

- 2. Medical Marijuana (TBD November 2012)

- a. Coalition will be prepared to reorient if Question 3 passes

- 3. Perception that drugs prescribed by a doctor are “safe”

- 4. Parental Involvement

- a. Parental use influencing children’s attitudes and behavior toward substances

- 5. Social economic status

- a. Blue-collar background as compared to the rest of MetroWest communities

#### **iii. Interest**

- 1. Keep youth safe

- 2. Help youth make healthy choices

#### **iv. Community Assets**

- 1. Dedication to community and adolescents

- 2. Strong relationships throughout the community

- 3. School staff (administrators, teachers, nurses, counselors, etc.)

## **VI. Goals**

- a. Build community capacity across a diverse array of partners.

- b. As a coalition, we will work to reverse the current trend of increasing prevalence of adolescent substance use in Hudson, with specific attention on marijuana and prescription drug misuse.

- c. By the end of year three, achieve a twenty percent reduction in the percentage of high school students reporting drinking alcohol, using marijuana, and misuse of prescription drugs within the past 30 days.

## **VII. Initiative Framework**

### **a. Community-based Substance Use Coalition**

- i. Coalition will include stakeholders from multiple sectors of the community.

### **b. School-based Programs**

- i. Pilot SBIRT in middle school
  - 1. Screening, Brief Intervention, Referral to Treatment (SBIRT)
  - 2. Allows school health officials to assess substance abuse in middle school students and then refer individuals that need further review and help (contact is Laurie Curley)
- ii. Seasonal newsletter & electronic parent newsletter
- iii. Proposed survey to parents (social norms campaign)
  - 1. Create dissonance in parent's perceptions of child's substance use
  - 2. Must be electronic (with a paper version available if necessary), efficient, and coordinated with other surveys from the schools.
- iv. High School Students Engagement
  - 1. Organize presentations for older students to positively influence the choices of younger students.
  - 2. Michelle Grubb, pastor at First United Methodist Church, has mentioned to Tammy the possibility of school presentations from adolescents in her church that have overcome personal challenges related to substance use.
  - 3. Engage students who have both overcome and successfully avoided substance use.

### **c. Environmental Modifications**

- i. Drug Take-Back Kiosk (currently ongoing)
- ii. January 2013: American Medicine Chest Challenge

## **VIII. Coalition Partners**

- a. By bringing together various stakeholders, it is expected that significant improvement can be achieved in community-level outcomes. Coalition partners range from youth, businesses, media, law enforcement, civic organizations, and health care professionals.
  - i. Potential new partners include:
    1. Intel (contact of Paul Blazar)
    2. Influential member from Portuguese community (contact of Jim Saart)
    3. Athletic coaches
    4. 2 student and parent partners
    5. Engage High School and Middle School parents through Home & School Association

## **IX. Action Steps**

- a. Conduct Environmental Scan (JSI)
  - i. Nation, State, Hudson
- b. Establish Curriculum Workgroup (Coalition)
- c. Increase Parent Knowledge (Coalition)
  - i. Newsletters
    1. Wellness newsletter ( 4 times per year)
      - a. Winter Wellness Edition out 12/7/12
    2. Student newsletter (BIG RED)
      - a. Possibility of BIG RED youth editors to participate in framing a social norms media campaign.
    3. Daily parent electronic newsletter
  - ii. American Medicine Chest Challenge (January 2013)
- d. Develop Peer & Parent Support Groups (Coalition)
- e. Tobacco Control District (Hudson Board of Health)
  - i. Marlborough, Southborough, Framingham, Ashland, Natick, Wayland, Sudbury, Concord, Bedford

## **X. Next Coalition Meeting**

- a. Thursday, November 29, 2012 from 9:00-10:30am at Hudson High School 69 Brigham Street (exact room location TBD)